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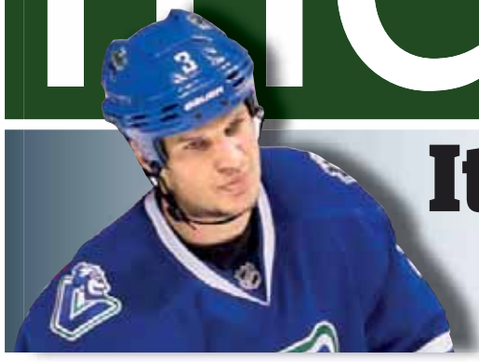

It's complicated...

Injury to Alex Edler may throw a monkey wrench into the Canucks' plans down the stretch. Page 17

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Mayors aim to make 'Yes' plan clear to voters

Transit plebiscite. Port Coquitlam's Greg Moore says leaders will go to communites and show what it means for them

MATT KIELTYKA
matt.kieltyka@metronews.ca

The mayor of Port Coquitlam admits the onus is on the region's leaders to convince residents to vote "Yes" in the spring plebiscite on transit funding.

The Mayors' Council on Regional Transportation plans to fully explain the sprawling proposed 10-year, $7.5-billion transit plan community by community to gain traction and support for the project, according to Greg Moore.

"What we're doing going forward, and what you'll see more of, is we're going to break down the plan and what it means for your city," said Moore. "People have to know what's in it for them. In PoCo, we have the No. 188 bus that runs every 30 minutes. That will be every 15 minutes with the plan, so I will be on that route talking to people about that."

While big-ticket items — such as light rapid transit lines in Surrey, a Pattullo Bridge replacement and Vancouver subway along Broadway — have grabbed most of the attention, the rest of the mayors' plan has been difficult to get across to voters.

Meanwhile, the Canadian Taxpayers Federation-led "No" lobby has stuck to a single concise argument that has resonated well: TransLink shouldn't be trusted with money generated from a 0.5-per-cent sales tax increase.

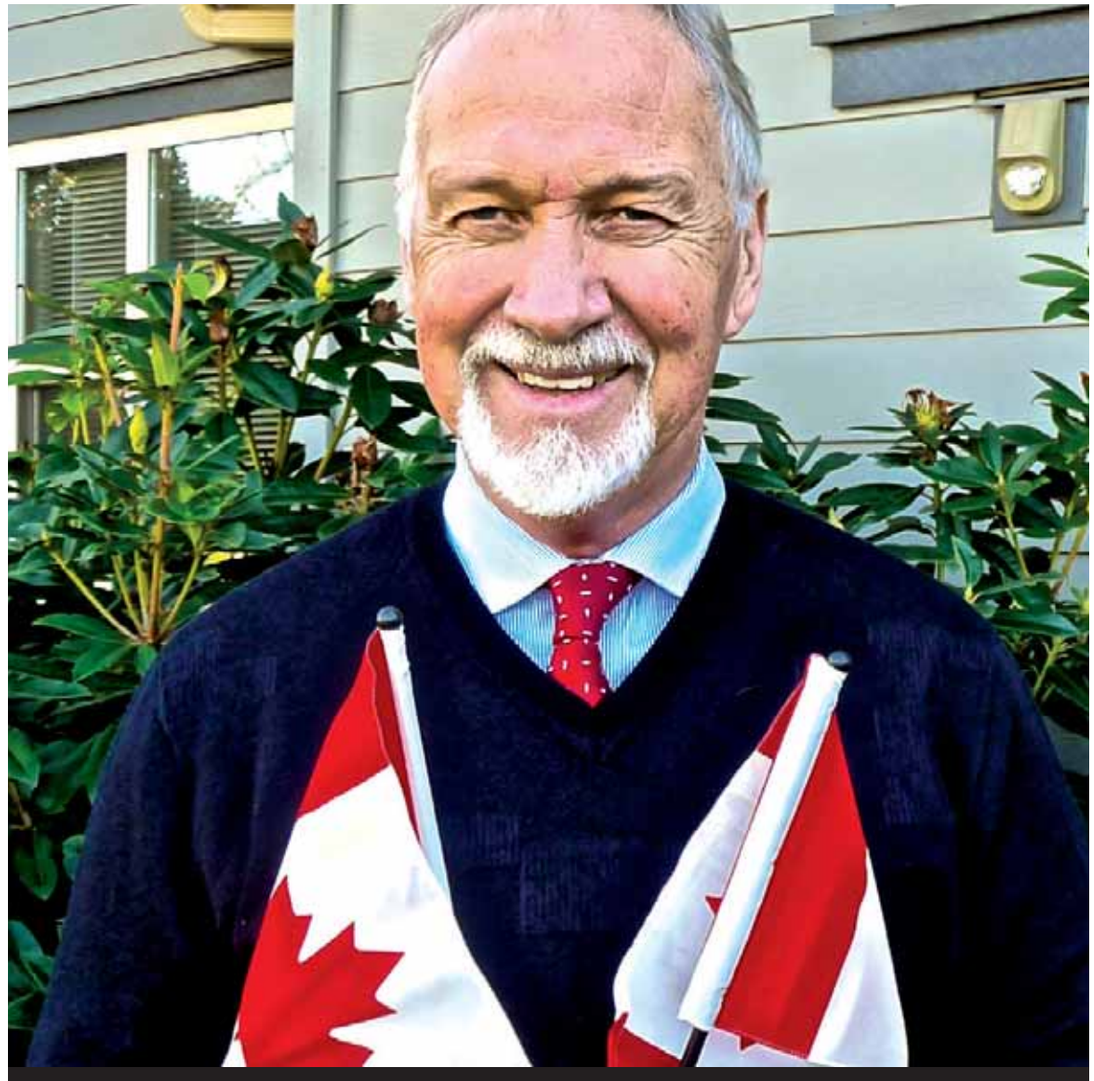
The lack of public confidence in the transit authority was on full display last week, forcing TransLink's board of directors to replace Ian Jarvis as CEO, though he remains on as a fully paid adviser until June 2016. His replacement, Doug Allen, has vowed to hold the transit authority accountable and squeeze efficiencies out of the organization.

The mayors have also had to prove their concerns about increased congestion in a growing region are real.

Moore and his fellow municipal leaders have often said Metro Vancouver stands to lose $2 billion in costs associated with congestion by 2045 if the proposed transit improvements do not come to fruition.

On Sunday, the mayors' council publicly released a study, conducted by HDR Consulting, containing figures to help justify its ask. "We hired one of the best firms in the world to do it," said Moore. "It's not like the 'No' side comes out with a panel of experts or anything to give their arguments credibility. They just say it."

Ballots asking voters whether they support a regional 0.5-per-cent congestion improvement sales tax, devoted to funding the plan, will be mailed to voters starting March 16.



FRONT-ROW SEAT TO HISTORY

Robert Watt, former Chief Herald of Canada, holds a couple of Canadian flags at his home in North Vancouver on Sunday. Watt, who helped design hundreds of official symbols across Canada, including Vancouver's flag in 1983, had a front-row seat for the flag debate half a century ago and was at Parliament Hill when the Canadian flag was officially flown for the first time. **Story, page 3.** CONTRIBUTED

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NEWS 1

Robert Watt, former Chief Herald of Canada, poses on Sunday with the Canadian flag, at his home in North Vancouver. CONTRIBUTED

A 'very dramatic, very stylish' Canadian symbol

Maple Leaf 50th. Robert Watt witnessed our flag's early milestones, and went on to become the first Chief Herald

Robert Watt was sitting in the public gallery of Parliament as a young university student, watching intently as the final day of debate over replacing Canada's flag carried on into the wee hours of the morning.

"I'll never forget the excitement and the fierce arguments and the passionate tone of the speeches by (prime minister Lester) Pearson and by (opposition leader John) Diefenbaker," said Watt, who would go on to become the first Chief Herald of Canada.

"The debate went on and on ... and I was there," he added, describing the experience as a true milestone event, both for him and the country.

Fast-forward two months and the former Carleton University student remembers standing on the snow-laden grounds of Parliament Hill on a bright, crisp Ottawa day at noon, watching then-governor general Georges Vanier oversee the raising of Canada's new flag for the first time.

Fifty years later, Watt describes the Canadian flag as "a superb example of the very best" of iconic national symbols.

Quoted

"Symbols matter ... (A flag) is only fabric with a design on it, but it speaks to people very powerfully."
Robert Watt, former Chief Herald of Canada

And he should know. As the country's Chief Herald for nearly two decades — between 1988 and 2007 — Watt oversaw the creation of hundreds of official symbols across Canada.

Included in his brimming portfolio are the City of Quebec's flag, a coat of arms for the University of Northern B.C., and both the flag and coat of arms for Nunavut.

"Job No. 1 is it must be beautiful and simple; close behind that is it obviously has to have meaning," said the Picton, Ont. native, adding the Canadian flag strikes gold in both those categories.

"It says 'Canada' in a very clear, unambiguous, very dramatic, very stylish way," said the former archivist for the City of Vancouver.

One clear indication of its success was the remarkable speed with which Canadians embraced their new icon, he said.

Watt also designed Vancouver's official flag, which was adopted in 1983 in anticipation of the city's centennial.

"When I see it, I feel a real sense of pride as having a part in creating something that's a symbol of a great city."

Watt now works as a citizenship judge, presiding over citizenship ceremonies for new Canadians, but he retains close ties to Canadian heraldry.

GEORDON OMAN/FOR METRO

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Minimum wage. Labour groups rally to Fight for 15

Jamie O'Keeffe knows first-hand how difficult it is to get by on a low wage in B.C. — the most she's ever made even while raising her two children was less than $11.65 an hour.

"I've worked for low wages practically all my life," said the 56-year-old temp worker. "It's hard to make a go of it."

O'Keeffe was one of several dozen sign-toting activists gathered in downtown Vancouver on Sunday calling on the provincial government to increase the minimum wage to $15 an hour.

Chants to raise the wage echoed across the busy intersection at Howe and Dunsmuir, in front of the Vancouver headquarters of the Canadian Federation of Independent Business.

The noisy weekend rally grabbed the attention — and the occasional solidarity honk — of curious passersby.

ACORN Canada and the B.C. Federation of Labour organized the rally as part of their provincewide campaign, titled Fight For 15.

"There are hundreds of thousands of people who work full time and live in poverty," said newly elected B.C. Federation of Labour president Irene Lanzinger. "You have to actually earn $15 to be above the poverty line."

B.C.'s minimum wage has been $10.25 since summer 2011, though workers who serve alcohol can be paid $9 an hour.

Irene Lanzinger GEORDON OMAND/ FOR METRO

The Canadian Federation of Independent Business issued a statement in anticipation of Sunday's event, saying a minimum wage hike to $15 would ultimately result in the loss of between 54,000 and 196,000 jobs.

But Lanzinger contested those claims, saying employment actually increased when the minimum wage was last boosted in B.C.

"We think people should earn more than poverty wages when they work," said Lanzinger. "And that's possible and do-able in a province like British Columbia."

GEORDON OMAND/FOR METRO

Burnaby

Police investigate SkyTrain death

Homicide officers are investigating at a Burnaby SkyTrain station after a man died early Sunday morning.

Burnaby RCMP responded to a report of an altercation at Edmonds SkyTrain station just before 1 a.m.

Officers found one man in need of medical attention, and he was rushed to hospital, where he later died. THE CANADIAN PRESS

Surrey

Toddler's death deemed suspicious

Homicide investigators are probing the suspicious death of a three-year-old girl in Surrey.

Sgt. Stephanie Ashton of the Integrated Homicide Investigation Team says the girl was taken to hospital on Wednesday and later died of her injuries.

Ashton says it is early in the investigation and she cannot release many details. THE CANADIAN PRESS

Brigette DePape is taken into custody on Burnaby Mountain on Nov. 20, 2014, during protests against Kinder Morgan's Trans Mountain pipeline. JENNIFER GAUTHIER/METRO

NDP: Province must 'reassert its power'

Environment. Opposition takes National Energy Board debate over Trans Mountain pipeline to the legislature

MATT KIELTYKA
matt.kieltyka@metronews.ca

Inadequacies with the National Energy Board hearings into Kinder Morgan's proposed Trans Mountain pipeline expansion project will be highlighted in the legislature Monday.

With the legislature reconvened, NDP environment critic Spencer Chandra Herbert plans to put forward a motion calling on the Liberals to withdraw from the review process following concerns over the winter break that Kinder Morgan hasn't been forthcoming with its oil spill response plan during the hearings.

In January, the National Energy Board (NEB) denied the provincial government's request for more information into the company's emergency response plan.

The province wrote Dec. 5 that Kinder Morgan's refusal to divulge its plan was "improper, excessive, and inadequately justified."

The NDP has repeatedly called on the government to pull out of the hearings, in favour of a more rigorous provincial process, and Chandra Herbert hopes his next motion will spark a lively debate.

"The province has given up its right to have a say in the final decision, but it still has time to reassert its power," said Chandra Herbert. "It's not a trivial matter. Participants at the NEB (hearings) have been trying to get answers to important questions, but they've gotten no real response from Kinder Morgan."

Chandra Herbert wants to see the province demonstrate more leadership in evaluating the proposed project and its potential risks.

Kinder Morgan has said it plans to "consult with affected parties" as it develops a new emergency plan for the expansion project, and said the withheld portions of the current plan are not relevant to the project.

The proposed 1,150-kilometre pipeline expansion between Alberta and Burnaby would increase capacity to 890,000 barrels per day, from 300,00.

A decision from the NEB on Trans Mountain is expected in early 2016.

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Protesters remember aboriginal women while asking, 'Am I Next?'

Downtown Eastside. Marcher fears 'invisible war' is getting worse

There was grief and outrage on the streets of the Downtown Eastside on Saturday, as hundreds gathered to remember aboriginal women who have died or gone missing.

Family members clutched photos of lost daughters and sisters as they led the 25th Annual Downtown Eastside Women's Memorial March, stopping to lay roses at spots where their loved ones were killed.

A woman who identified herself as the mother of Cassandra Antone, killed in 1997, told the crowd that the deaths of indigenous people amount to genocide.

Aboriginal women in traditional clothing beat drums and sang as the protest began just after noon at Main Street and Hastings Street.

Organizers say they reiterate the call for a public inquiry into missing and murdered aboriginal women and that they support the family of the deceased Stephanie Lane. Her mother has called for the remains to be re-tested and for a new murder charge to be laid against serial killer Robert Pickton.

Betsy Bruyere, carrying a sign that read "Am I next?", said she struggled to attend the rally this time after more than a decade of marching.

"I was kind of depressed," she said. "It looks like it's getting worse … the invisible war against indigenous women. They're trying to kill us, I'm pretty sure of it."

The 59-year-old Anishinabe woman said she supports the Am I Next campaign, which was launched to raise awareness. But Bruyere added that it's an important question.

"There is certainty that within the next couple of minutes, within the next hour, by the end of the day, there's going to be an indigenous woman murdered," she said.

THE CANADIAN PRESS

Young girls scatter flower petals on the ground while leading hundreds of people through the Downtown Eastside during the 25th annual Women's Memorial March in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

'Lex Luthor' of money laundering to walk free in Canada

A former Vancouver lawyer serving a 15-year sentence for money laundering in the U.S. will be returned to Canada, the B.C. Court of Appeal revealed last Thursday.

Martin Chambers, 75, was once called by an RCMP officer the "Lex Luthor" of crime in B.C., a reference to Superman's brilliant archenemy.

He was busted along with five other Canadians in a sting operation in Miami involving the FBI and an undercover RCMP officer posing as a financial handler of a Colombian cocaine cartel seeking to launder millions of dollars. A bag containing $700,000 was handed to Chambers on a luxury yacht.

He was sentenced in Florida on four counts of money laundering in 2003, earning him 15 years and eight months in prison. He has served 12 years so far.

He made an application to be returned to Canada but was turned down by the federal government, which said Chambers needed to apply before having less than six months left in his sentence.

He actually had years of his sentence remaining in the U.S., but the government said he would have been sentenced to only 10 years in Canada, so he had less than six months of his Canadian equivalent sentence left when he applied.

Chambers filed legal action in B.C. Supreme Court to try to overturn the rejection, alleging that the lead RCMP investigator in the case had an affair with the Florida trial judge.

A B.C. judge who dealt with the case called it "Kafkaesque," noting Chambers would be a free man if returned to Canada but would have to serve three more years if he was forced to remain in the U.S.

B.C. Supreme Court Justice Arne Silverman concluded the rejection of Chambers' transfer application was a denial of fundamental justice, that Chambers was being unlawfully detained according to Canadian law and that his Charter rights had been breached, "all as a result of an erroneous interpretation of the International Transfer of Offenders Act."

The federal public-safety minister held firm and would not allow Chambers to return.

Chambers then filed to the B.C. Court of Appeal. But while the case was being heard last June, the public-safety minister consented to Chamber's transfer back to Canada.

Chambers still hasn't been sent home to Vancouver, his lawyer told Metro.

"He's still sitting in a prison in Arkansas," John Conroy said, confirming Chambers will be shipped out in March. "As soon as he steps on Canadian soil, he's a free man."

Conroy said Chambers has a wife and child living in Vancouver. NEAL HALL/FOR METRO

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Okanagan

Genetically engineered B.C. apples OK'd in U.S.

A British Columbia firm that created a controversial apple genetically engineered not to turn brown has been given a stamp of approval by the U.S. Department of Agriculture.

Okanagan Specialty Fruits Inc. of Summerland spent almost five years getting the U.S. approval after engineering its Arctic apples to retain their colour after being exposed to air. The U.S. government body announced Friday the apple is unlikely to pose a risk to agriculture inside the country. Company president Neal Carter said critics of the apple need to understand the fruit is safe for consumption. THE CANADIAN PRESS

Transportation

Evergreen Line completion date pushed to 2016

The Evergreen Line will be opening in the fall of 2016, not in the summer as originally anticipated.

In a press release sent out by the Ministry of Transportation and Infrastructure, the delay is due to the slow tunnel-boring process.

"The contractor is responsible for all costs related to the schedule delay under the terms of the fixed-price contract," the release reads.

The project, which will connect the Tri-Cities with SkyTrain, still remains on budget and is more than 50 per cent complete. TEREZA VERENCA/METRO

Surrey

Steve Fonyo stabbed in home invasion: Report

Steve Fonyo, who finished Terry Fox's run across Canada only to see his achievements overshadowed by criminal convictions and jail, reportedly suffered serious injuries Friday during a possible home invasion near Vancouver.

The Mounties said a 49-year-old man was transported to hospital after an early morning stabbing at a home in Surrey, south of Vancouver. Investigators believe three men entered the home in what was likely a targeted attack. The RCMP did not identify the victim, but local media and the CBC identified the man as Fonyo, who is 49 years old. THE CANADIAN PRESS

Demolition ceremony set for 'haunting' residential school

Vancouver Island. St. Michael's, operated by the Anglican Church from 1930-1975, has been the focus of community debate in Alert Bay for decades

A crumbling, omnipresent red-brick building has been a haunting presence for thousands of British Columbia aboriginal people who say they faced physical and sexual abuse at the site.

Many of those who attended the school see the planned demolition of St. Michael's Indian Residential School as the removal of a cancer that has been eroding the remote Vancouver Island community of Alert Bay.

St. Michael's, operated by the Anglican Church from 1930 to 1975, has been the focus of heart-wrenching community debate for decades. Residents and survivors have tried to decide whether to leave the ominous empty hulk of a building as an example of past wrongs, or knock it down and remove it from sight and, hopefully, memory. The first church-run residential school in the Alert Bay area dates back to 1882.

A massive survivor ceremony hosted by the Namgis First Nation is scheduled for Wednesday on the school grounds to celebrate the demolition of St. Michael's.

First Nations leaders, Anglican church representatives, political officials, survivors and their families will attend the day-long ceremony. Assembly of First Nations National Chief Perry Bellegarde and B.C. Assembly of First Nations Regional Chief Jody Wilson-Raybould will also attend, as will Aboriginal Affairs and Northern Development Minister Bernard Valcourt. THE CANADIAN PRESS

Quoted

"I had absolutely no idea what I would do with the rest of my life: No sense of purpose, no sense of value. I had learned nothing in this institution and I was a broken boy."

Survivor Robert Joseph on leaving St. Michael's for good in 1958

St. Michael's Indian Residential School entrance, with two students on the driveway, Alert Bay, B.C., is shown in this 1970 handout photo.
THE CANADIAN PRESS/LIBRARY AND ARCHIVES CANADA

B.C. man allowed to sue girl over false rape allegation

A B.C. man has the right to sue an underage teen girl for a false rape allegation, the B.C. Court of Appeal has ruled.

Simon Caron filed a defamation lawsuit against the girl, identified only as Youth A, in 2013, claiming that after she went to the RCMP and accused him of rape, his vehicle was sabotaged, his friend was threatened with physical harm if he was seen in Caron's presence, and Caron felt his own life was in danger, forcing him to leave Vanderhoof to go into hiding in Prince George.

He also received treatment for depression and lost job opportunities because the rape rumour was swirling as far north as Fort St. James, where Caron's brother heard about it in his welding class, Caron claimed in his lawsuit.

Caron's claim for defamation and malicious prosecution arose from a complaint of sexual assault made by the girl to the RCMP on Nov. 10, 2012.

No charges were ever laid. Caron says he was proven innocent when he produced evidence that at the time of the alleged rape, he was working 1,500 kilometres away in Alberta. "It was proven by work records, credit card statements, credit card records, and courses I attended there," Caron said in his statement of claim against the girl.

The girl applied in court to have the civil lawsuit against her dismissed, arguing the statements she made to the RCMP were protected by absolute privilege, and the rest of Caron's lawsuit pleadings failed to disclose any cause of action against the teen.

The teen argued that she should be immune from a civil lawsuit because her statement to police was similar to making a statement in court or quasi-judicial proceedings, where absolute privilege applies.

But B.C. Supreme Court Justice Ronald Tindale ruled last July that the teen's statements to the RCMP are not protected by absolute privilege, and therefore refused to strike the paragraphs in the pleadings pertaining to the teen's RCMP statement.

The judge did, however, grant the teen's application to dismiss the rest of the lawsuit, which included allegations of the teen "circulating rumours" that harmed his reputation and caused him to fear for his safety. NEAL HALL/METRO

Appeal dismissed

The teen, through the Public Guardian and Trustee, appealed. In a ruling last Thursday, three judges of the B.C. Court of Appeal upheld the lower court ruling and dismissed the appeal.

- Caron's lawsuit can now proceed to trial.

Troops more likely exposed to childhood violence: Study

Military. Research suggests soldiers are more likely to have experienced or witnessed some form of abuse as children

Canadian soldiers appear to be more likely than their civilian counterparts to have experienced abuse, including corporal punishment, or to have witnessed domestic violence as children, suggests new research aimed at exploring the incidence of depression and suicide in the military.

The as-yet-unpublished findings by health researchers at the Department of National Defence are contained in an internal abstract — an abridged sample of the results — that was recently delivered as a presentation to mental health professionals.

The research was carried out by the department of psychiatry at the University of Manitoba and the Canadian Forces Directorate of Mental Health.

Data

The study relies on data in the mental health portion of the 2012 Canadian Community Health Survey, which questioned more than 25,000 people, and the 2013 Canadian Forces Mental Health Survey, which is based on responses from more than 8,100 members of the military.

Although the data is still being studied, preliminary results suggest 39 per cent of military members had been slapped or spanked more than three times as children; comparable research on the general population indicates some 22 per cent of civilians had the same experience as kids.

Seventeen per cent of military members reported having been thrown, pushed or grabbed more than three times as children, compared with 11 per cent of civilians.

Among military respondents, 15 per cent reported being kicked, bitten, punched, choked, burned or attacked as youngsters, compared with 10 per cent of civilians, while 10 per cent of soldiers also reported witnessing "intimate partner violence" while growing up. In that category, the civilian figure was eight per cent.

The Canadian Press was denied a request for additional information beyond the abstract because the research has yet to be officially published. But Dr. Mark Zamorski, one of the study's co-authors, did say the conclusions mirror similar research in the U.S.

They're important in understanding why members of the Canadian military have a higher than average rate of depression, which is linked to suicide, Zamorski said.

"For reasons no one understands … the people that end up being attracted to or choose military service — for whatever reason — have higher rates of exposure to childhood adversity than civilians, or people who don't elect to be in the military," Zamorski said in an interview.

THE CANADIAN PRESS

Winter storm slams Maritimes

A pedestrian walks on the street in downtown Charlottetown, Prince Edward Island, on Sunday. A savage winter storm pounded the Maritimes Sunday, causing damage, delays and dangerous driving conditions while people in parts of southern Ontario and Quebec braved biting winds and frigid Arctic temperatures.

ANDREW VAUGHAN/THE CANADIAN PRESS

'National interest'

Senior cabinet minister ordered Magnotta's $376K repatriation trip

The big-ticket military mission to fetch fugitive Luka Rocco Magnotta from Germany in 2012 was ordered by a senior Conservative cabinet minister who considered it a matter of "national interest," The Canadian Press has learned.

In June 2012, the Air Force made a $376,128 decision to dispatch one of its largest aircraft to collect the accused killer in Berlin, where local police had collared him to end an intercontinental manhunt that made global headlines.

Magnotta fled to Europe after the brutal Montreal killing and dismemberment of 33-year-old university student Jun Lin.

He was given a life sentence in December after a jury found him guilty of first-degree murder, among other charges. The 32-year-old is appealing the verdict and wants a new trial.

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Ukraine. Ceasefire holds in most eastern regions

A ceasefire that went into effect Sunday in eastern Ukraine appeared largely to be holding, although continued fighting over a bitterly contested railway hub is threatening to upend the delicate settlement.

The leaders of Russia, Ukraine, France and Germany — who last week brokered a deal to try to end the conflict that has raged since April — agreed in a conference call Sunday that hostilities should also cease around the government-held town of Debaltseve, Ukrainian President Petro Poroshenko's office said. Undeterred, armed separatists appeared intent to pursue their claim to the town.

Heavy fog shrouding sodden fields muffled the sound of artillery, but regular shelling could still be heard from Luhanske, a town about 15 kilometres to northwest of Debaltseve and more than 80 kilometres west of the city Luhansk. THE ASSOCIATED PRESS

United States

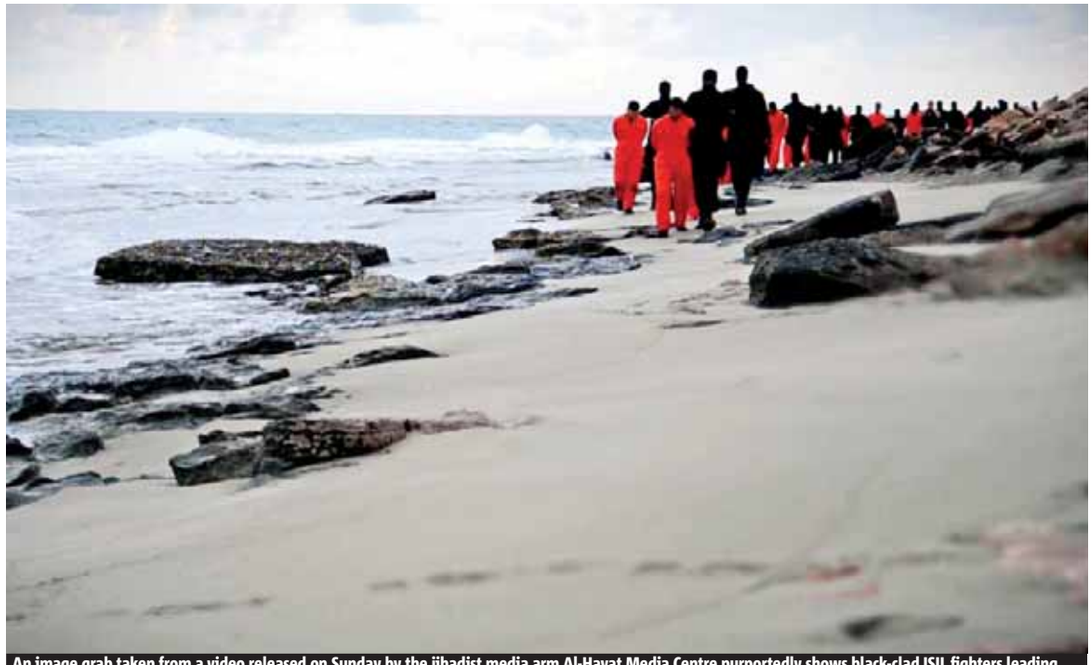
Accused killer slams religion

If his Facebook page is any indication, Craig Hicks doesn't hate Muslims. An avowed atheist, his online posts instead depict a man who despises religion itself, but nevertheless seems to support an individual's right to his own beliefs. Hicks is accused of killing three Muslim college students. THE ASSOCIATED PRESS

Egypt

Morsi trial begins

A new trial for Egypt's ousted ex-president opened Sunday in Cairo, with prosecutors accusing him of espionage and leaking confidential information to Qatar while in office. A new court date was set for Feb. 28 after the court ruled that the defence should consult with Mohammed Morsi and the other 10 defendants in the case. THE ASSOCIATED PRESS



An image grab taken from a video released on Sunday by the jihadist media arm Al-Hayat Media Centre purportedly shows black-clad ISIL fighters leading handcuffed hostages, said to be Egyptian Coptic Christians, wearing orange jumpsuits before their alleged decapitation on a seashore in the Libyan capital of Tripoli. AL-HAYAT MEDIA CENTRE/HO/AFP

Video said to show beheadings by ISIL

Libya. Militants had been holding 21 Egyptian Christians for weeks, labourers from the city of Sirte

A video purporting to show the mass beheading of Coptic Christian hostages has been released by militants in Libya claiming loyalty to ISIL. The killings raise the possibility that ISIL — which controls about a third of Syria and Iraq in a self-declared caliphate — has established a direct affiliate less than 500 miles from the southern tip of Italy. One of the militants in the video, speaking English, makes direct reference to that possibility, saying the group now plans to "conquer Rome."

The Associated Press could not immediately independently verify the video. But the Egyptian government and the Coptic Church, which is based in Egypt, both declared it authentic.

The Egyptian government declared a seven-day mourning period and President Abdel Fattah el-Sissi addressed the nation late Sunday night, pledging resilience in the fight against terrorism.

"These cowardly actions will not undermine our determination," said el-Sissi, who also banned all travel to Libya by Egyptian citizens. "Egypt and the whole world are in a fierce battle with extremist groups carrying extremist ideology and sharing the same goals."

The Coptic Church in a statement called on its followers to have "confidence that their great nation won't rest without retribution for the evil criminals."

Militants in Libya had been holding 21 Egyptian Coptic Christians hostage for weeks, all labourers rounded up from the city of Sirte in December and January. The makers of the video identify themselves as the Tripoli Province of ISIL. A still photo apparently taken from the video — published last week in ISIL's Dabiq online magazine — indicates a direct connection between the Libyan militants and the main group. THE ASSOCIATED PRESS

Copenhagen gunman had a record: Police

A sign reading Not Afraid is placed with flower tributes near the cultural club where one person was killed in Copenhagen, Denmark, Sunday. THE ASSOCIATED PRESS

The slain gunman suspected in the deadly Copenhagen attacks was a 22-year-old with a history of violence and may have been inspired by Islamic terrorists — and possibly the Charlie Hebdo massacre in Paris, Danish authorities said Sunday.

Prime Minister Helle Thorning-Schmidt mourned the two people killed and vowed to protect freedom of speech and Denmark's Jewish community.

The suspect was killed in a gun battle with a SWAT team early Sunday. He had opened fire Saturday at a cultural centre hosting a seminar on free speech with an artist who had caricatured the Prophet Muhammad and then later at security forces outside a synagogue, police said. A Danish filmmaker was killed in the first attack. Nine hours later, a security guard protecting a bat mitzvah near a synagogue was slain. Five police officers were wounded in the shootings.

Jens Madsen, head of the Danish intelligence agency PET, said investigators believe the gunman "could have been inspired by the events in Paris." Last month Islamic militants carried out a massacre at the French satirical newspaper Charlie Hebdo followed by an attack on Jews at a kosher grocery store, killing 17 people.

Copenhagen police made no mention of Islamic extremism and said the Danish-born suspect had a history of violence and weapons offences and connections to a criminal gang. They didn't release his name. THE ASSOCIATED PRESS

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Drones. New rules open U.S. skies for business

Long-anticipated rules proposed Sunday will open an era in which small (under 55 pounds) commercial unmanned aircraft can perform routine tasks — crop monitoring, aerial photography, inspections of bridges and cell towers, and much more. But not right away. Final rules are two to three years away.

And when they are in place, they may include a separate category with fewer restrictions for very small drones, likely to be defined as less than 4.4 pounds.

The Federal Aviation Administration released a variety of proposed requirements for commercial operators to meet, such as passing a knowledge test administered by the agency as well as a federal security check.

THE ASSOCIATED PRESS

FAA certification

In a big concession to industry, the FAA said it won't require an "airworthiness certificate" for small drones. The FAA decided that drone technology was changing so rapidly that by the time a model received a certificate it might already be out of date.

Banking

Hackers stole $1B: Cybersecurity firm

Russian cybersecurity firm Kaspersky Lab says an international hacking ring has stolen up to $1 billion US from banks around the globe in what would be one of the biggest banking breaches known.

The hackers — active since at least the end of 2013 — have programmed ATMs to dispense money at specific times or set up fake accounts and transferred money into them.

Most of the targets have been in Russia and Eastern Europe. THE ASSOCIATED PRESS

Feds prepare back-to-work legislation to end rail strike

An empty AMT rail platform is shown in Montreal on Sunday. The federal government will introduce legislation to end a strike by more than 3,000 members of the Teamsters against Canadian Pacific Railway.

GRAHAM HUGHES/THE CANADIAN PRESS

CP Rail. Federal Labour Minister Kellie Leitch is expected to introduce the bill on Monday

The federal government is poised to introduce legislation to end a strike by more than 3,000 locomotive engineers and other train workers at Canadian Pacific Railway.

A government source told The Canadian Press the legislation will be tabled Monday morning. A notice to allow for introduction of the bill was placed on the Commons order paper late Friday afternoon.

Quoted

"What we're hoping for is an agreement that will work, but we haven't been able to get it."

Peter Edwards, vice-president of labour relations for CP Rail.

The strike against CP Rail began after contract talks failed to reach an agreement before the midnight deadline.

The bill, titled "An Act to provide for the resumption of rail service operations," is to be presented by Labour Minister Kellie Leitch, who was involved in negotiations between the two sides last week.

Peter Edwards, vice-president of Labour Relations for CP Rail, expressed support for the government's move.

"What we're really hoping for is an agreement that will work for both, but we haven't been able to get it" he said.

In a message on their website, Teamsters president Douglas Finnson expressed his disappointment in "our government's clear favouritism towards the corporate position."

CP Rail said it will use management personnel to operate reduced services for the strike's duration, which affect both its freight and passenger services. THE CANADIAN PRESS

VOICES

IF YOU FEED THEM, THEY WILL COME

While moving around meetings to encourage community participation is not a bad idea, we need to think of other ways to entice regular citizens to the table

CITY HOLLER
Trish Kelly

At tonight's park board meeting, vice-chairwoman Sarah Kirby-Yung will present a motion to take board meetings on the road to various community centres. The proposal is meant to improve community engagement.

I don't think it's a bad idea, but it's not a substitute for a community engagement strategy. In fact, Vancouver has a very extensive, citizen-driven strategy published last year by the mayor's Engaged City Task Force. The task force brought together some of our best community minds to design a plan to better connect our residents to each other and their government. Kirby-Yung doesn't mention it in her motion. Has she read it?

Getting out of the park board office could help. It's true that the head office where the twice-monthly meetings are held is kind of tucked away. Nestled in the tall trees of Stanley Park and steps from English Bay, it's a gorgeous location, but one that's hard to get to by transit and not really on the way home for most people.

Yes, move the meetings to different neighbourhoods, but also, add food to the agenda. I've seen it myself: offering food at meetings increases participation. When people know they will be fed, they don't have to choose between attending and satisfying this essential human need. Food brings people together, and snacks mean fewer cranky people who might confuse their hunger for a problem with the issue on the table. Take a page from everyday reality and offer food, because sharing a meal is an age-old community-building strategy that is so effective, it can even make you like your extended family a couple times a year.

While she's at it, Kirby-Yung should propose on-site child care at meetings so parents of young children, for whom community centres and parks are so vital, can actually show up. Several centres even have on-site child-care facilities to host.

The problem with our city is that, though we say we want engaged citizens, we actually plan community meetings as if every person who has a stake in what happens is childless, with enough income to just grab some takeout on the way downtown.

Of course, this all requires funding. Either city council will have to pick up the tab for this recommendation that originated from the mayor's own task force, or the community centres hosting the road show will have to invest some of the money they collect from our user fees. Alternately, Kirby-Yung — who apparently launched Dine Out Vancouver — will have to tap her food industry connections for pro bono catering.

Funding a proper plan will cost, but I can think of plenty of options — maybe because I just had breakfast and my best ideas come on a full stomach. Don't yours?

Food for thought

When people know they will be fed, they don't have to choose between attending and satisfying this essential human need.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

Your City

Illuminated by science

Photo submitted by reader Paul Maddison

The top of the Telus World of Science in Vancouver is framed by Grouse Mountain last week. SUBMITTED

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

B.C. Terror Trials

The trial of two people, accused of plotting to blow up the B.C. Legislature with pressure-cooker bombs, continues at B.C. Supreme Court in Vancouver on Monday. John Nuttall and Amanda Korody are charged with conspiring to explode the devices during the busy Canada Day activities on July 1, 2013. METRO

Earthquake preparedness

Vancouver deputy city manager Sadhu Johnston will update council on Tuesday on the state of the city's earthquake preparedness. In December 2013, Johnston briefed council on Vancouver's earthquake strategy, which draws on lessons from earthquakes in Japan and Christchurch, New Zealand, and focuses on the resilience of infrastructure such as the water, sewage, energy and transportation systems. METRO

Budget Day

Also on Tuesday, B.C.'s Finance Minister, Mike de Jong, will present the government's 2015 budget, one he told the Canadian Press last week will be the "envy" of all other provinces. De Jong said the budget surplus will be greater than the $444 million forecast last fall. The government intends to use part of the surplus to pay down some of B.C.'s $61-billion debt. De Jong credits a diverse economy and financial discipline for the surplus, but NDP House Leader Mike Farnworth said the Opposition will comb through the budget to find what it suspects will be increases in fees and premiums.
THE CANADIAN PRESS

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Banner year for black female filmmakers is 'not enough'

Ava DuVernay, director of the Martin Luther King film Selma, appears at the 2015 Berlin International Film Festival last week. Selma is nominated for an Academy Award for best picture, but it is one of only three movies made by black female directors to be released in theatres last year. MARKUS SCHREIBER/THE ASSOCIATED PRESS

Film. Oscar controversy has focused on a lack of on-screen diversity, but there's a problem behind the camera, too

Three black women released movies in 2014, more than ever before in a single year. And one of them is a contender for the motion picture academy's top prize. But that's just three films in one year out of the 373 movies that came out in theatres.

Black female filmmakers are one of Hollywood's greatest rarities. In the past seven years, only three were connected to the top 700 movies, according to recent research by the University of Southern California's Media, Diversity & Social Change Initiative.

"The ecosystem of filmmaking is problematic for women and people of colour," said initiative director Stacy L. Smith. More than 95 per cent of the directors of top-grossing films during the past decade have been male, she said. Looking at the top 700 films over a recent seven-year period, almost 90 per cent of them were white.

So while there's been a lot of talk about the lack of diversity among this year's Oscar acting nominees, the larger issue may be the overwhelming lack of diversity among those telling the stories on the big screen.

Selma director Ava DuVernay, as a black woman, defied incredible odds with her film's best-picture bid at next Sunday's Academy Awards.

But, DuVernay said, there's no momentum if the number of women and people of colour behind the camera don't continue to increase. "Three is not enough," she said. "While we celebrate the three, we're talking three in the hundreds of films that came out last year between the U.K. and the United States." THE ASSOCIATED PRESS

Quoted

"The Oscars are not the problem. It's more so Hollywood and the films that are being green-lit."

Gina Prince-Bythewood, writer and director of Beyond the Lights, which earned an Oscar nod this year for its original song, Grateful.

Celebrities

Cumberhitched! Ben and Sophie married on V-Day

Sophie Hunter and Benedict Cumberbatch GETTY IMAGES

Actor Benedict Cumberbatch has married theatre director Sophie Hunter, choosing to tie the knot in a Valentine's Day ceremony on the Isle of Wight. Cumberbatch's spokeswoman confirmed on Sunday that the couple wed this weekend. THE ASSOCIATED PRESS

Film

Fifty Shades of Grey dominates box office

Audiences were more than curious to check out the big-screen adaptation of Fifty Shades of Grey this weekend. The erotic R-rated drama sizzled in its debut, earning an estimated $81.7 million US in North America over its first three days, distributor Universal Pictures said on Sunday. THE ASSOCIATED PRESS

Taylor takes New York, Brad won't boost Manitoba

Destinations are carefully cultivating relationships with celebrities whose fans are seen as potential visitors. But the connection between famous people and the places they promote is not always obvious. Celebs have always endorsed products, but it's easier to appear in an ad for a credit card than to represent a place you don't know much about. And that's when things get interesting.

THE ASSOCIATED PRESS

Taylor Swift, New York City

New York City tourism officials took some guff when Taylor Swift became the city's global welcome ambassador last fall. Critics said she was a bland, inauthentic representative for a city known for bagels, hip-hop and opinionated locals. City officials said it was a great way for New York to woo Swift's millennial fans.

Tori Spelling, Newport Beach

In 2012, actress Tori Spelling was hired to connect Newport Beach, Calif., to her Twitter followers. She didn't have to visit Newport Beach or say anything special about it. But she did tweet photos and links as part of a tourism giveaway in a campaign organized by IZEA, a firm that helps connect social media influencers and destinations.

Brad Pitt, Manitoba

Another unlikely partnership was floated in a spoof claiming Manitoba tourism had spent $1 million to recruit Brad Pitt. The item, which ran last fall on the CBC's This is That program, suggested Manitoba might get "international recognition" if Pitt were to mention the province "in an interview with a Hollywood magazine or website." The joke led to inquiries from folks who didn't realize it was satire.

Chris Noth, Hong Kong

A recent visit to Hong Kong by actor Chris Noth of Sex and the City and Good Wife fame led tourism officials there to say in an email that Noth could help Hong Kong target "achievers in New York."

Cristiano Ronaldo, Portugal

Some campaigns do employ locals. Turismo de Portugal works with mega soccer star Cristiano Ronaldo to promote his native Portugal in China, where he's known as C Luo. His picture appears on posters with messages in Chinese that Portugal is "world famous" and "full of spectacular places."

ALL PHOTOS GETTY IMAGES

SCENE

Pulling the plug on time-thieving tech

Trend. More people choose to step back from the virtual world and reconnect with real life

Patton Oswalt took a summer-long hiatus from social media last year. GETTY IMAGES

With virtually everyone spending increasingly more time plugged in to the Internet, some are considering a digital detox, an extended time-out from the online world.

Prolific political writer Andrew Sullivan recently announced plans for a break from blogging after 15 years of pounding the keyboard. In a note to readers on his website, The Dish, Sullivan wrote of being "saturated in digital life" and wanting to "return to the actual world again."

Last May, actor and comedian Patton Oswalt also posted a lengthy note on Facebook announcing a summer hiatus from social media. "If I don't, I feel like my psyche is going to suffer permanent slippage," he wrote.

Michael Harris documented a month spent without his phone or Internet access in his book The End of Absence: Reclaiming What We've Lost in a World of Constant Connection (HarperCollins). The Vancouver native said he came away from his digital detox feeling the need to be less passive with his tech use.

"In the same way that you can't just walk into the grocery store and buy whatever food that (your) desire for sugar and fat is telling you to buy, we have to engineer our media diet for ourselves," he said.

While some may feel the need for an extended "digital fast," Harris said another approach is to make adjustments in your daily life.

"Something like 50 per cent of us sleep with our smartphones on bedside tables. And when we wake up, the first thing that we think is: 'What did I miss?' instead of thinking: 'What will I do with my day?"' Harris said.

"Take that 30 or 40 minutes to say: 'I'm not going to let my Twitter feed colonize my brain right away. I'm going to have a shower, I'm going to make a cup of coffee."'

Vancouver-based business and leadership coach Lauren Bacon said she's not of the belief that individuals need to unplug completely to experience mindfulness.

"I do think cultivating consciousness and awareness of what our own priorities are, of what we really want out of a day, is kind of step one," said Bacon. THE CANADIAN PRESS

This week Oprah is getting more interactive with her book choices while JFK app will send you to the moon

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

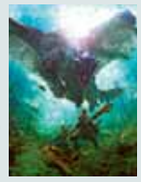
Video game

Name. Monster Hunter 4 Ultimate

For. Nintendo 3DS

Rated. Teen

The comical meowlings of sidekicks can be a real distraction from this otherwise deep and impressive hunting adventure in which you roam beautiful 3D lands to aid villagers, craft items, and defeat dinosaur-like beasts. Each weapon feels like a different game and every beast an epic fight, especially when you use cliffs to leap atop their backs.



App

JFK Challenge

iPad
Free

Engaging animation and archival audio make this impressive collection of mini-games based on the 1969 Moon landing and early Peace Corps missions a fun reminder of events during Kennedy's presidency.

Ebooks

Ruby

By. Cynthia Bond

Kindle/iBooks/Kobo

This tale of two adults trying to overcome childhood abuses during the time of Jim Crow is so vividly driven by its setting and character actions that it feels like a comic book in expression, which is positive until the story descends into clichés and supernatural forces. Oprah's notes and the author's read-along audio help to give it more depth.

LeBron James. From hoops to Hollywood

NBA star LeBron James has revealed a little more about the motivation behind his moves into film and television.

"LeBron knows his priorities — basketball first and Hollywood second — but he's laying a foundation that's going to last beyond basketball," Adam Padilla, CEO of creative branding agency BrandFire, told The Hollywood Reporter.

And social awareness factors into James's plans, too, according to the Cleveland Cavaliers' towering forward.

"For me to be able to create jobs and opportunities for people," he said, "that means a lot to me."

LeBron James. PHILIPPE LOPEZ/AFP

The sports and social media star holds down his own part in the upcoming July comedy Trainwreck.

As THR notes, James' production company, Spring Hill Production, is already active in the unscripted TV series sector, with aspirational athlete profiler Becoming on Disney XD, basketball comedy Survivor's Remorse for Starz, the straight-to-smartphone pro athlete soliloquys of Bleacher Report's Uninterrupted and three other projects for the NBCUniversal group. AFP

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iTunes

Drake releases surprise album

Drake was featured on Beyoncé's surprise album — now he's taking a page from her book. The rapper released an album called If You're Reading This It's Too Late early Friday morning on iTunes. It includes 17 tracks and features Lil Wayne, Travi$ Scott and Partynextdoor. The release comes more than a year after Beyoncé released her album on iTunes without announcing it. THE ASSOCIATED PRESS

Arranging your piles of money

Planning. Instead of thinking about cash as one big pot, divide it into separate accounts with distinct purposes

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

I've always thought of my money in piles, separate and distinct, each with a purpose or a place: cash flow, emergency, planned spending and long-term saving.

Cash flow

Cash flow is your keeping-it-together-money. It's the money that comes in and goes out every month to pay bills, buy food, and get you from hither to yon. Your budget is the framework for your cash flow. When you get paid, the money flows in. When you pay for something, the money flows out.

If you don't have a budget, you can't possibly be managing your cash flow. Sure, you may feel like you're doing all right, but mental math is a sinkhole and it's only a matter of time before you hurt yourself. If you want to be a master of cash flow, you'll not only make a plan for how you'll use your money (a budget), you'll also use a spending journal to track your day-to-day money activities.

Emergency pile

Emergency is the money you set aside, just in case. You're supposed to build your emergency pile up to six months' worth of essential expenses, which are the things that will keep body and soul together. And this money should be kept in a high-interest savings account so it's easy to get at.

I know it's pretty popular to think that putting that much money in a savings account is stupid because you can't earn enough to beat inflation, but that's not the point of the emergency fund. The point is to have cash available so that when some storm blows in, you have options to deal with it. No money, no options. You'll just have to suck it up.

Planned spending pile

Planned spending is what most people never do. At the start of every year I look at what I spent on gifts the previous year, divide it by 12 and move that amount into my gift account monthly. When the time comes to go shopping, I'm ready.

Tons of stuff falls into the planned spending category. From home maintenance to clothes for the kids, from vacations to that new couch you've been eyeing, if you have to accumulate money so you can make a purchase, it's planned spending.

If you don't accumulate the money and plan to count on your credit cards or line of credit to get you what you want, you shouldn't wonder at your growing debt and your sense that your money is wagging you!

As to where to keep this pile of money and how to track it, I use a high interest savings account for each category (savings accounts are free) and I name it so I'm not confused about what the money is for.

Look for an account paying the best interest rate going so your money isn't sitting completely idle. If you don't want the hassle of multiple accounts, you can pile it all into one account and keep track of the various categories on a spreadsheet.

Long-term saving pile

Long-term saving is the money you don't touch for a long, long, long, long, long time. It's your retirement money. It may be your kids' school money. This money is sacred, so you don't dip into it for any reason. When you slide this money away, it's gone, vamoosed, vanished until the end date when you need it.

As long as you see savings as something you can tap should the need arise, the previous three piles don't seem as important. Shift your focus to keeping this money socked away no matter what, and you'll soon see how important it is to manage your cash flow, have an emergency fund and plan your spending.

If you can wrap your head around the idea of piles of money instead of one big pot, then you're more likely to keep the amounts you allocate for specific purposes intact.

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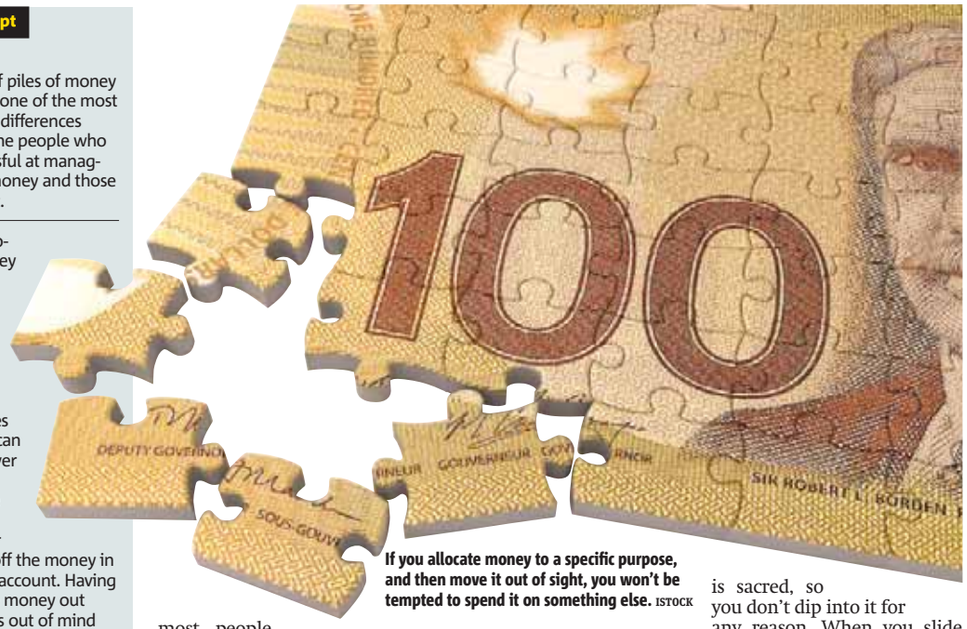
A key concept

- The idea of piles of money is perhaps one of the most significant differences between the people who are successful at managing their money and those who aren't.
- Having allocated money to a pile, a body isn't tempted to spend it on anything else. And having piles of money can be a lifesaver if you've got a mate who can't keep his or her hand off the money in the house account. Having moved the money out of sight, it's out of mind until you've got enough to make your purchase.



If you allocate money to a specific purpose, and then move it out of sight, you won't be tempted to spend it on something else. ISTOCK

Mental health. Meditation may keep the brain young

Preserving the brain's most important tissue — the neuron-rich grey matter — could be accomplished through meditation, according to a new study at the University of California at Los Angeles.

As early as the mid-to-late 20s, the brain starts to show the effects of aging, as its volume and weight start to dwindle.

Previous research has suggested that those who practise meditation have less age-related degradation in their white matter, so the UCLA team, whose study was published in the journal Frontiers in Psychology, sought to build on these findings.

"We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating," says co-author Dr. Florian Kurth. "Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain."

In the study, the team compared the brains of 50 participants who had years of experience in meditation with those of 50 more with none in order to understand the relationship between age and grey matter. **AFP**

Meditating could help preserve grey matter, a study has found. ISTOCK

Brain science

App uses eye tracking to boost concentration

An Israeli startup called Umoove has released an app called uHealth that aims to increase your concentration using a method called eye tracking. The app is designed in the form of two games, one to improve attention, another to hone focus. Scientists increasingly study eye tracking as it relates to brain activity and how we process information, yet smartphone therapy using the method is relatively new. **AFP**

Diet

Going organic reduces pesticide exposure: Study

A recent study at Boise State University in Idaho says that when it comes to pesticide exposure, organic foods live up to the health hype that's been surrounding them for decades. The research team worked with dietary data from 4,500 people from six cities in the U.S., and found subjects who ate organic produce had significantly less exposure to components called organophosphates than those who didn't. **AFP**

There's an app for that professional predicament

There are some truly amazing applications out there that can simplify your work life and boost your productivity. If you're wondering which apps to try, give some of these a go — they can help you to stay organized, keep you on schedule and give you access to everything you need. And best of all, they're free!

RIANA TOPAN
TalentEgg.ca

For storing and sharing files

When you need to store or share particularly large files (think photos, videos, presentations and artwork), try Google Drive. Though you need a Google account to set up your own drive, you can upload and share files with anyone regardless of whether or not they have an account. You can set up folders to organize your documents and decide who you want to give access to. The app is especially helpful for working on group projects, since you can all work off of the same document simultaneously.

For emails

We all feel inundated by emails at one time or another. Mailbox is highly recommended by many for help to deal with emails easily. The app allows users to quickly swipe messages to move them into a different folder, and actually learns from your actions to automate your most common ones. Plus, you can hit the snooze button to temporarily dismiss emails that aren't very important. An email app like Mailbox can help you to quickly clean out your inbox, eliminating the anxiety that often accompanies a slow but steady rise in the number of new messages sitting in your inbox.

For scheduling

Cal, an app available on both iPhones and Android devices, is both fun and functional. It works as an agenda and event planner and will sync with an existing Any.DO task list. It will also remind you about friends' birthdays, and looks nice to boot. Having a schedule with all of your events, meetings and deadlines in one place is extremely helpful for managing your time well. You'll start off each day with a fresh list of your scheduled activities, ensuring you don't forget about an important appointment until the last minute.

For note taking

Evernote is one of the most popular apps out there for taking, organizing and sharing notes. Users like this free app because it allows you to jot down notes of any length, categorize them by topic, add photos and attachments and easily find notes you've already written. Plus, it syncs your work across all of your devices so you never have to worry about not having access to your files whenever you need them. If you're constantly jotting things down on scraps of paper and end up scrambling to find them, Evernote may be just what you need.

For work/life balance

All work and no play is never a good idea. A great app for ensuring that you're making time for important things outside of work is Balanced. This app allows you to pick which activities you want to prioritize and set reminders for how often you want to complete them (like exercising, seeing friends and working on hobbies). It's a useful tool for reminding you to be more mindful, and motivating you to achieve your personal goals. Not only do apps like Balanced encourage you to take control of what's important to you, they also help you to become happier and more fulfilled.

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Advice

I thought hilarious, they thought hurtful

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Remember not everyone you work with shares your particular sense of humour. Mind the more sensitive souls. ISTOCK

Dear Metro,
I pride myself on being the most hilarious person at my office. I consider myself an amateur insult comic: my style is dry, observational humour. However, I recently made a joke that apparently went "too far." What I thought was a hysterical jab at a colleague's sweater was deemed "mean." I don't want to give up my comedy, but I also don't want everyone at work to hate me. How can I walk this fine line?
— They Just Don't Get It

Dear TJDGI,
Do your co-workers not "get it," or would they rather not be heckled while they work? You may think you missed out on a career slinging jibes in dark basement clubs, and they may think you're unprofessional.

Since you're a comedian, hone your timing. Envelope-pushing jokes might get a very different response during after-hours beers than middle-of-the-afternoon meetings. Audience is also important: While your sweater-wearer wants you to leave their knits alone, other colleagues might dig your so-honest-it-hurts approach. Either way, be very careful with your material. The office is no place to workshop edgy (read: offensive) topics, unless you want your next audience to be HR. You don't have to shut down your jokes, but you do need to be careful about when and whom you roast. It's true that funny co-workers are usually beloved. Not so loved: Co-workers who think they're funny, but aren't.

Dear Metro,
I was abruptly let go from my last job when my company downsized. And while I've found a new position that I really like, I can't shake the irrational fear that history will repeat itself. With every typo or slight miscommunication, I worry that I'm going to get fired. It's exhausting! I really want to start feeling like myself around the office. How can I chill?
— Pink Slip Paranoia

Dear PSP,
To scrap your anxiety, acknowledge its source. Your fears aren't irrational; they're founded in a very real and unpleasant prior experience. Although there's currently no threat of the sack, it makes sense that your nerves are racked.

Next time a teensie mistake inflates into a blimp-sized freak-out, remind yourself that your worries are rooted in your past, not your present. A typo is not grounds for termination, and your new employer likely understands that you're on a learning curve. Even if you think your previous dismissal was linked to your performance — not just restructuring — you now have the opportunity to boost your game. Instead of fretting over little fumbles, focus on honing your work.

Regardless of your history, it can take a while to get comfortable in a new workplace. Be patient as you grow accustomed to your present gig. With time, your worries will get downsized — not you.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Best bets for career success

Career. Glassdoor.com reveals the top jobs to land this year in the U.S.

If you're looking for a new career that will help you rake in the dough, consider tech, health care or finance. According to a report from Glassdoor.com, those three industries contain some of the best jobs in the United States.

According to Glassdoor, the best jobs are determined by their salary potential, growth, and number of job listings.

The No. 1 job on the list was in the medical field as a physician's assistant. A physician's assistant can expect an average base salary of $111,376 and plenty of potential career growth.

What the list does not take into account is the education one needs for these careers. Earning an advanced specialized degree takes time and money, and for some, the trade-off might not be worth it.

METRO

Did your job make the cut?

1) Physician's Assistant: $111,376
2) Software Engineer: $98,074
3) Business Development Manager: $94,907
4) Human Resources Manager: $96,443
5) Finance Manager: $122,865
6) Marketing Manager: $100,130
7) Database Administrator: $97,835
8) Product Manager: $113,363

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The secret to making juicy chicken breasts

Dinner. Simmer Mediterranean Chicken with Grape Tomatoes and Mushrooms in stock

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Chicken that is simmered in a tasty stock is incredibly tender when cooked and served in minutes.

The key is to maintain a medium-low heat to prevent the chicken from overcooking and getting dry.

Coating the chicken with flour keeps the juices in.

This recipe allows you to substitute any mushroom of your preference such as button, brown or portobello.

Directions

1. Dust the boneless chicken breast with all-purpose flour. In a hot, large non-stick skillet sprayed with vegetable spray, add the oil and sauté the chicken for 3 minutes or just until lightly browned on all sides. Remove the chicken and set aside.

2. In the same skillet, coated with more vegetable spray, add the oil and sauté the mushrooms on medium heat for 8 minutes or just until tender. Add the stock, olives, plum tomatoes, teardrop tomatoes, garlic, capers and chicken. Cover and simmer on a lower heat for 10 minutes or just until the chicken is cooked.

3. Garnish with parsley, pine nuts and feta.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 1/2 lb boneless, skinless chicken breasts (about 4 single breasts)
- 1/4 cup all-purpose flour
- 4 tsp vegetable oil (divided)
- 12 oz chopped oyster mushrooms
- 1/2 cup chicken stock
- 1/3 cup pitted diced black olives
- 1 cup diced plum tomatoes
- 3/4 cup halved teardrop or grape tomatoes
- 1 1/2 tsp crushed garlic
- 1 tbsp capers

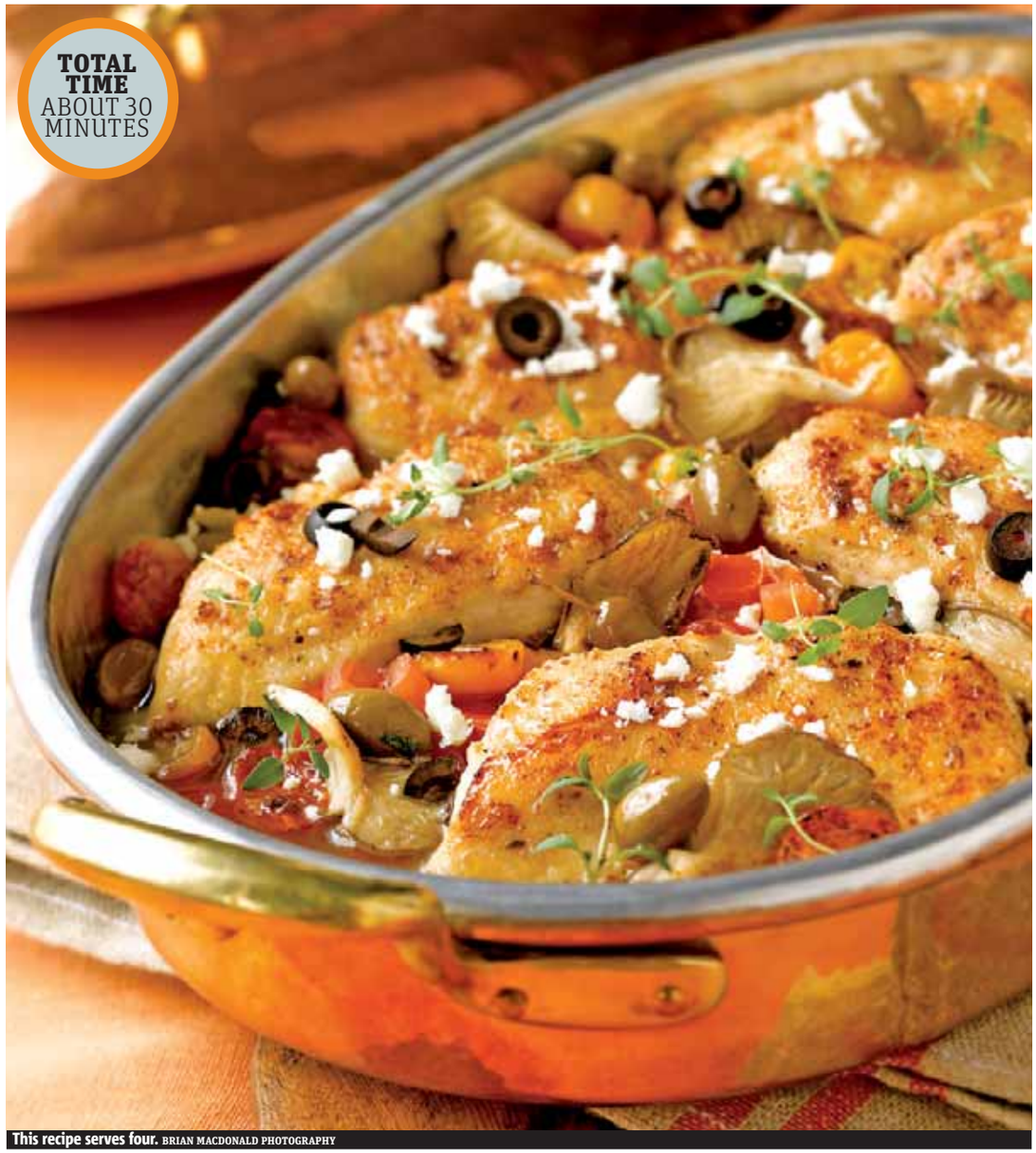
Garnish

- 3 tbsp chopped parsley
- 1 tbsp toasted pine nuts or almonds
- 3 tbsp feta cheese, crumbled

Nutritional information

Per serving

• **Calories.** 368	• **Total fat.** 12 g
• **Carbohydrates.** 14 g	• **Saturated fat.** 2.4 g
• **Fibre.** 4 g	• **Cholesterol.** 105 mg
• **Protein.** 47 g	• **Sodium.** 415 mg



This recipe serves four. BRIAN MACDONALD PHOTOGRAPHY

This recipe serves four. ROSE REISMAN

A sweet take on traditional potato skins

Potato skins are so popular today that I thought I could develop a healthier version using sweet potatoes.

These Roasted Sweet Potato Skins with Tzatziki are incredible and contain an abundance of nutrients.

They have more vitamin C, fewer calories, more fibre and fewer total carbs than the white potato.

The combo of cheeses and tzatziki complement the potato so well.

1. Preheat the oven to 450 F. Pierce the potatoes all over with a fork and microwave on high for 6 minutes or just until they are tender. Slice each potato in half lengthwise and scoop out filling, leaving the shells intact. Store the pulp for a side vegetable dish.

2. Rub the olive oil all over the potato skins and sprinkle all over with salt, pepper and chili powder.

3. Place the potato skins on a baking sheet and bake for 15 minutes, just until skins are crisp.

4. Add grated cheeses and bake for another minute until cheese melts.

5. Garnish the sweet potato skins with green onion and tzatziki sauce.

ROSE REISMAN

Ingredients

- 2 large sweet potatoes
- 1 tbsp olive oil
- Salt and pepper
- 1/8 tsp chili powder
- 1 oz grated mozzarella cheese
- 1 oz grated white old cheddar cheese
- 1 green onion thinly sliced
- 4 tbsp tzatziki sauce

4 SPORTS

Soccer

Whitecaps wallop UVic Vikes in exhibition match

In their fourth pre-season game, the Vancouver Whitecaps outclassed the University of Victoria Vikes, soundly defeating their opponents 6-0 at Centennial Stadium on Sunday afternoon.

In just the third minute of play, Whitecaps captain Pedro Morales opened the scoring with a beautiful set-piece goal, curling the ball inside of the near post. Four minutes later, Russell Teibert added to the lead after being gifted the ball in front of the goal and calmly slotting it between the goalkeeper's legs.

The Vikes had barely touched the ball before the Whitecaps had scored twice, seven minutes in to the game.

This was the fourth annual pre-season meeting between the two teams, and each time the Whitecaps have gotten the better of their university opposition. This year, the Whitecaps overwhelmed the Vikes with the speed of their ball movement from the likes of the Uruguayan newcomers Octavio Rivero and Diego Rodriguez.

In the 19th minute, Whitecaps residency graduate Marco Bustos, 18, dazzled, flicking the ball up and over his opponent's head, before finishing strongly. The Whitecaps' newest designated player signing, striker Rivero, scored the fourth Vancouver goal to end the first half.

The second half began much like the first, with a Whitecaps goal off the head of defender Rodriguez. Kianz Froese rounded out the scoring with a thumping header. RYAN LEHAL/FOR METRO

Canucks' playoff fight gets messy

NHL. Alex Edler's upper-body injury sustained Saturday night could further complicate stretch run

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Canucks had a chance Saturday to put some breathing room — even if it would have just been four points — between them and the Calgary Flames, current holders of the final playoff spot in the West.

Instead, Vancouver's loss in Calgary and recent hot streaks for the L.A. Kings and Minnesota Wild have suddenly tightened the standings in the Western Conference. At the start of the season, many believed the Canucks would be scratching and clawing for a playoff berth. Here they are, doing just that.

The Canucks host the red-hot Wild, without a regulation loss in their last 10 games, Monday at Rogers Arena.

The ninth-place Wild, with a regulation win, would move into a tie with the Canucks at 65 points, the same amount as Calgary after Saturday's result.

The Canucks, who head out on a five-game road trip beginning Thursday in New York, sit third in the Pacific Division.

Teams five through 11 in the West are separated by just eight points.

Complicating matters for the Canucks is the injury bug. Alex Edler, who was enjoying a nice rebound season paired with Chris Tanev, left Saturday's game with an upper-body injury. He was to be re-evaluated Sunday, which was a team day off.

Any long-term absence of Edler from the lineup would be a huge loss for the Canucks. He leads all Vancouver skaters in ice time per game, and is used on the top power-play unit and on the penalty kill. He also has a Corsi-for rating of 52.8 per cent at 5-on-5.

This is a team also without another top-four blue-liner in Kevin Bieksa (hand). Frank Corrado is also dealing with an upper-body injury.

The defensive depth could now be facing a major test, if — emphasis on "if" — Edler is out for any extended time.

Adam Clendening has been a nice addition, and has helped stabilized Ryan Stanton, his old defence partner in Rockford of the AHL.

It could mean a return to the lineup for Yannick Weber, who hasn't played since Feb. 9.

Follow Cam Tucker on Twitter @camtucker_metro

Flames goaltender Karri Ramo stops a shot from the Canucks' Bo Horvat in Calgary on Saturday night. The Canucks squandered the chance to build a four-point cushion on the Flames by losing 3-2. Though the two teams both have 65 points, the Canucks are third in the Pacific Division, the Flames fourth. DEREK LEUNG/GETTY IMAGES

Analytics

52.8

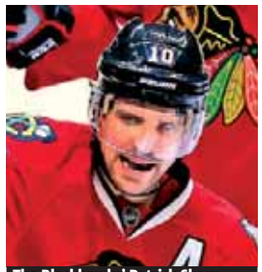
Alex Edler has a Corsi-for rating of 52.8 per cent at 5-on-5

Sharp on point in shootout as Blackhawks beat Pens

Patrick Sharp scored the decisive goal in the shootout, and the Chicago Blackhawks beat the Pittsburgh Penguins 2-1 on Sunday.

Jonathan Toews and Patrick Kane also scored in the tiebreaker as the Blackhawks earned their second straight win.

Chicago has captured six of a possible eight points through the first half of a season-high eight-game homestand. THE ASSOCIATED PRESS



The Blackhawks' Patrick Sharp JONATHAN DANIEL/GETTY IMAGES

NHL

Trade signals start of Leafs' rebuild

Cody Franson and Mike Santorelli are gone, and the rebuilding of the Toronto Maple Leafs is underway.

The Leafs got a jump-start on trade frenzy two weeks before the March 2 deadline by sending Franson and Santorelli to the Nashville Predators for a first-round pick, forward prospect Brendan Leipsic and soon-to-be-free-agent centre Olli Jokinen. THE CANADIAN PRESS

Police report Vancouver native Montador dead at 35

Hockey has lost another former player at a young age with the death of 35-year-old Steve Montador.

Montador, a Vancouver native and a longtime NHL defenceman, was found unconscious in his home in Mississauga, Ont., early Sunday morning and was later pronounced dead, according to Peel Region Police.

The police said no foul play was suspected. THE CANADIAN PRESS

Steve Montador GETTY IMAGES FILE

Olympic medalling at home

Canadian shot putter Dylan Armstrong gets his Beijing 2008 bronze medal on Sunday in his hometown of Kamloops. Fourth in Beijing, he was bumped to bronze because third-place Andrei Mikhnevich of Belarus tested positive for doping. JEFF BASSETT/THE CANADIAN PRESS

Westbrook shoots lights out in N.Y.C.

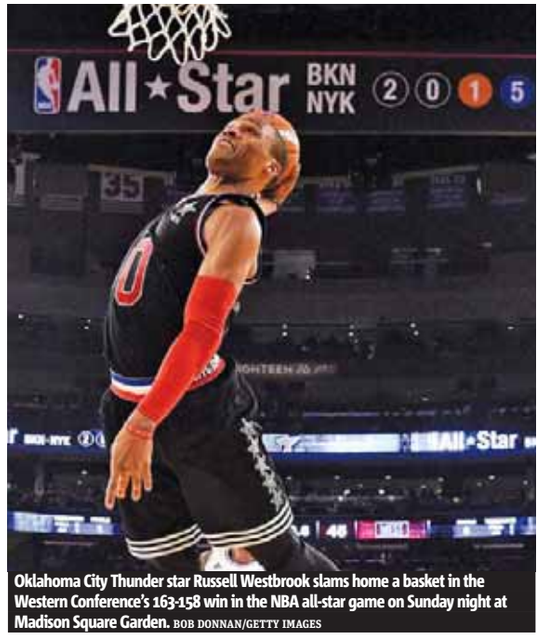
NBA. Oklahoma City star falls a bucket short of all-star points record, leads Western Conference to victory

Russell Westbrook scored 41 points, one shy of the NBA all-star game record, and the Western Conference beat the East 163-158 on Sunday night.

The Oklahoma City speedster had a record 27 points by halftime and closed out the scoring with two free throws, falling one point shy of Wilt Chamberlain's 42 points in the 1962 game.

James Harden added 29 points, eight rebounds and eight assists for the West, which built a 20-point lead in the first half and then pulled away after it was tied at 148 with a little more than four minutes remaining.

THE ASSOCIATED PRESS



Oklahoma City Thunder star Russell Westbrook slams home a basket in the Western Conference's 163-158 win in the NBA all-star game on Sunday night at Madison Square Garden. BOB DONNAN/GETTY IMAGES

Speedskating

Four World Cup bronze medals for Team Canada

Charles Hamelin, Patrick Duffy, Kim Boutin and the women's relay added four bronze medals for Canada at the World Cup on Sunday. THE CANADIAN PRESS

FA Cup

Third-division Bradford reaches quarter-finals

Third-tier Bradford beat Sunderland 2-0 Sunday to reach the quarter-finals for the first time in 39 years. THE ASSOCIATED PRESS

MLS

TFC sends Gilberto to Brazil: Source

Toronto FC has sent Brazilian striker Gilberto to Brazilian club Vasco da Gama on loan, according to a source. THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may find some things you've been doing in recent weeks no longer have the same hold over you. The time you spent on them wasn't a waste. It was a good investment.

♉ Taurus
April 21 - May 21
Your opinions on a number of issues will change over the next few days. New information will come your way that makes some of your most cherished convictions look out of date.

♊ Gemini
May 22 - June 21
It may, at times, seem as if life is conspiring against you but what happens over the coming week will convince you that is simply not true.

♋ Cancer
June 22 - July 23
What happens today and tomorrow could be challenging. People you deal with will try to impose their will on you. The only way to stop them is to stand up for yourself.

♌ Leo
July 24 - Aug. 23
Don't waste time worrying about the ethics of what you plan to do. Actions speak louder than words, so act and make sure the job gets done.

♍ Virgo
Aug. 24 - Sept. 23
Creative activities are under brilliant stars at the moment, as are affairs of the heart. In each of these areas your life will be transformed over this week.

♎ Libra
Sept. 24 - Oct. 23
You will learn a lot about people you share your life with on a daily basis. But you will learn more if don't take what you see and hear personally.

♏ Scorpio
Oct. 24 - Nov. 22
The more you are on the move over the next few days, the more likely it is you will learn something to your benefit. Fate may introduce you to a person who changes your life.

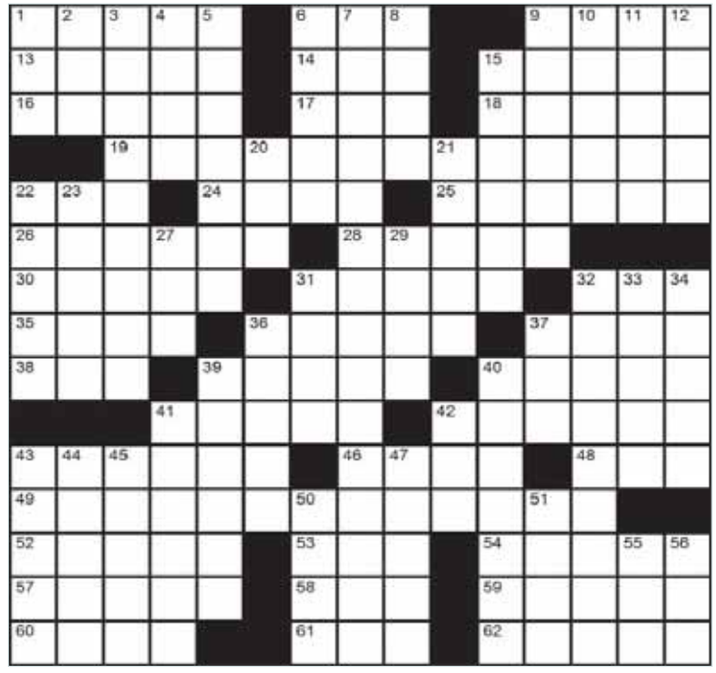
♐ Sagittarius
Nov. 23 - Dec. 21
What you think you believe in today may not be what you believe in come the end of the month. That's good because it shows you're evolving mentally.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem you are powerless in the face of forces you don't really understand but once the Sun changes signs in midweek you will find ways to start fighting back.

♒ Aquarius
Jan. 21 - Feb. 19
You come to the aid of people who need help but if you are serious about making a difference, join with others in a social or political cause.

♓ Pisces
Feb. 20 - March 20
Your outlook on life will change over the next few days. In recent weeks you've questioned your aims and ambitions and come to the conclusion that you should be aiming much higher.

Crossword: Canada Across and Down by Kelly Ann Buchanan



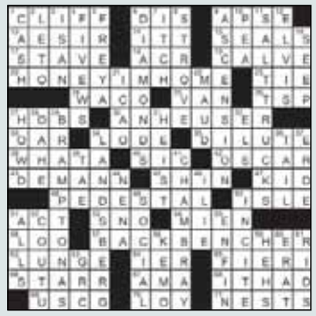
Across

1. Caravan traveller perhaps
6. Gladiator's 450
9. "King __" (2005)
13. Green Day's "When _ __ Around"
14. Three vowels
15. "American Idol" alum Ms. Reinhart
16. "Leave!"
17. Music trio, e.g.
18. Result in: 2 wds.
19. Video game classic: 2 wds.
22. 'Quiet' add-on
24. Movie director Nicolas
25. James __ (Crime novelist)
26. Very ornate design style
28. North: Spanish
30. Global Warming treaty city
31. Last Commandment's placing
32. Mr. Fields'
35. Yores
36. Newfoundland's Gros __ National Park
37. Chance
38. Golfing great Mr. Trevino
39. World Wildlife Fund symbol
40. __-trap
41. Baseball Hall of Famer, Ralph __ (b.1922 - d.2014)
42. Alicia Keys hit'
43. Southern Ontario village founded by Pennsylvania Quakers
46. At any point
48. Shoe width
49. 'T' of T.rex Discovery Centre in Eastend, Saskatchewan
52. Skirt style
53. Li'l food additive
54. American state
57. Like a tree's base
58. Modern: German
59. Regina-born rocker Mr. James
60. Bug animation
61. 'Expert' suffix
62. Reflex-testing sights

Down

1. '_' __ for Newmarket
2. Li'l job
3. Dots and dashes transmission: 2 wds.
4. 'Do I have to draw you _ __?"
5. "Don Juan __" (1994)
6. Ms. Cobb, Jessica Simpson's friend
7. Red carpet outfits: 2 wds.
8. Actor, Mark __-Baker
9. 'In Flames' is the current album by what Canadian single-named songstress?
10. __ and wiser
11. Brainy prefix
12. Fleetwood Mac song
15. Wellness
20. Pigeon's patter
21. La Route __ (Quebec bike paths network)
22. "Family Matters" nerd
23. Newfoundland musician Alan
27. Extra sports periods, briefly
29. Canadian choreographer Ms. White
31. Feeling
32. Costco __ Canada Ltd.
33. Canadian actress Ms. Smulders
34. Jule __ (Broadway composer)
36. Grand Island link (New Brunswick locale)
37. Roman sun god
39. Singer Gene
40. Toronto-headquartered gold mining company supplying the metal-in-medals for the 2015 Pan Am Games
41. Novelist Judith
42. Fire: French
43. __ Zagora, Bulgaria
44. Witch's hat, __-shaped
45. Kaiser Chiefs' "I Predict _ __"
47. Imprecise
50. 'All'-meaning prefix
51. Japanese cuisine noodle
55. "Go!"
56. Offs opposites

Friday's Crossword

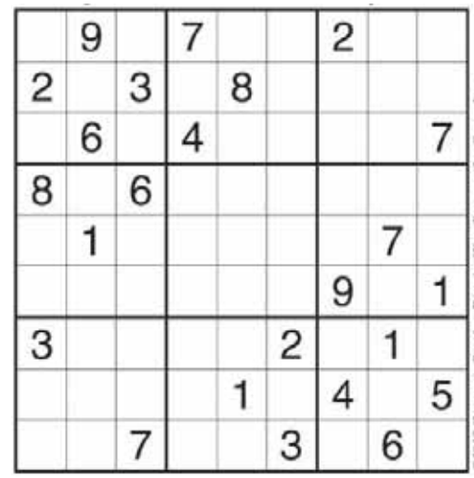


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

3	8	5	6	9	7	1	2	4
2	4	6	1	3	8	5	9	7
7	9	1	2	4	5	6	3	8
6	1	2	4	8	9	7	5	3
4	7	3	5	1	2	9	8	6
8	5	9	7	6	3	2	4	1
5	2	4	3	7	1	8	6	9
9	3	7	8	5	6	4	1	2
1	6	8	9	2	4	3	7	5

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